

Mental Health Self-Reflection Worksheet

Daily Mood Tracker

Date	Mood (Happy, Sad, Anxious, etc.)	Notes
YYYY-MM-DD	[Your Mood Here]	[What happened today?]

Triggers

Identify what triggers your stress or anxiety:

1. _____
2. _____
3. _____

Coping Strategies

List effective coping strategies that work for you:

1. _____
2. _____
3. _____

Goals for Mental Wellness

Set 2-3 specific goals to improve your mental health:

1. _____
2. _____
3. _____